

Circumcision

Children's Ward Patient Information Leaflet

Introduction

This leaflet is for people who are having a circumcision. It gives information on what the operation involves and what to expect after it.

If you have any questions or concerns, please contact a member of the Children's Ward.

What is a circumcision?

It is an operation to remove the foreskin from your penis. You will need to have a general anaesthetic for the operation. This means you will be asleep.

The person who gives you the general anaesthetic is called an anaesthetist.

The anaesthetic is given to you through a cannula that is put into the back of your hand. A cannula is a thin, plastic tube (please see figure 1).

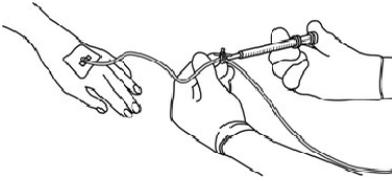


Figure 1 shows a cannula

What are the benefits of a circumcision?

You may have a foreskin that is tight and difficult to pull back. This could cause problems for you as it may be uncomfortable or mean you often get infections. Removing your foreskin will help prevent these problems.

You may keep getting infections on your penis which may cause inflammation. People who have been circumcised are less likely to get these types of infection.

Are there any risks?

There is a slight risk of infection and bleeding after the operation. If you get an infection, you may need to have antibiotics to treat it. (Antibiotics are medicines that kill bacteria.) You can discuss these risks in more detail with your hospital doctor.

There are some very rare risks if you have a general anaesthetic. Your anaesthetist will discuss these with you before you have your operation.

What are the alternatives?

Antibiotics can be used to treat infections on your penis. However, sometimes these do not work and you keep on getting infections. That may be why your doctor has suggested you have a circumcision.

Steroid cream can sometimes be used to help loosen the foreskin. If this does not work and your foreskin is still tight, your doctor may suggest you have a circumcision.

You do not have to have this operation. It is your choice.

What do I need to do before the operation?

If you are having your operation in the morning, you must not eat food or drink milky drinks (like hot chocolate) from midnight the night before. You can drink water or squash until 6am, on morning of your operation. After this, you must not drink (or eat) anything until after your operation.

If you are having your operation in the afternoon, you must not eat food or drink milky drinks (like hot chocolate) from 7am on the morning of your operation. You can drink water or squash until 10.30am that morning. After this, you must not drink (or eat) anything until after your operation.

If your operation is in the afternoon, it is a good idea to bring an overnight bag, just in case you need it. Include pyjamas, slippers, wash things, hairbrush, toothbrush and toothpaste. You should also bring any medications that you take, like inhalers.

You must bring your mum, dad or guardian with you.

What happens when I come for the operation?

You will have an appointment for the morning or the afternoon.

When you arrive at the Children's Ward, a nurse will ask you some questions and do some tests such as taking your:

- blood pressure
- heart rate
- breathing rate

The nurse will put a wrist band on each of your wrists and put cream on the backs of your hands. This cream is sometimes called magic cream. It makes the back of your hands numb so that you do not feel any pain. It is used so that when the anaesthetist puts a cannula into your hand to give you the anaesthetic, you will not feel this being put in.

The surgeon will come and see you and explain the operation to you. If you want to have the operation, the nurse will ask you and, if you are under the age of 18, your parent/guardian to sign a consent form. This means that you are giving your permission for the surgeon to do the operation.

The anaesthetist will come and see you to check that you are well enough to have the operation.

The surgeon has a lot of operations to do and so there is a list of these. The surgeon does the operations in the order on this list. The nurse will be able to give you a rough idea of the time you will have your operation. However, sometimes there are delays if operations take a bit longer than they thought.

If you have any questions or worries, please ask the nurse who is looking after you.

What happens when I go for the operation?

A nurse will take you to the anaesthetic room to have your anaesthetic. Your mum, dad or guardian (only one of them) can go with you to the anaesthetic room and stay with you until you are asleep. Nurses will be looking after you all the time that you are asleep.

What happens after the operation?

When you wake up, you will be in a recovery room with a nurse. When the nurse is happy that you have recovered, they will take you back to the Children's Ward to your mum, dad or guardian.

You may still have a cannula in your hand when you go back to the ward. This can be used to give you medicine, if you need it. For example, some people feel sick after having a general anaesthetic. If you feel sick, tell your nurse and we can give you some anti-sickness medicine. We will take the cannula out before you go home.

When you are back on the Children's Ward, the nurse will give you a drink and some food, if you want it.

Will it hurt?

You will have some pain after the operation. We will give you medicine to get rid of the pain (painkillers) while you are having your operation. This is so that when you wake up, you should not feel any pain. This may be a local anaesthetic or penile block and it will make the area numb. It may also make you unsteady on your feet after the operation.

We will also give you painkillers regularly when you get back to the Children's Ward.

When you get home, it is a good idea to have painkillers regularly such as Calpol. You must always read the label on this medicine and not take more than it says on the label.

When can I go home?

After your operation, we hope that you will only need to be in hospital for a few hours. However, you may need to stay for one night, if your hospital doctor thinks that is a good idea. Either your mum, dad or guardian can stay with you for the night.

After this time, you can go home when:

- you have eaten enough food and drink
- you are not having any bleeding from your wound
- you have had a wee
- you are not being sick
- you have a normal temperature
- your hospital doctor says you are well enough to go home

When you do go home, it is best for you to travel in a car as on public transport (buses, trains, metro), you are more likely to get an infection.

What happens when I get home?

You may have stitches in your penis which are dissolvable so they will not need to be removed. For the first seven days after the operation, we recommend that you wear loose clothing, for example, jogging bottoms.

Do not have a bath or shower for 24 hours after your operation. After this, it is a good idea to have a bath twice a day for one week. Do not add anything to the water.

It is normal to have some swelling or scabbing, particularly underneath your penis. When you wee, the stream of wee may not be straight until your wound has completely healed. However, if:

- your penis is very red and swollen and you are worried
- you cannot wee

please ring the Children's Ward for advice. The number of the Children's Ward is:

01384 244271

The ward staff may ask the children's community nurses to visit you, to check your wound.

In all cases, we will give you a letter for your wound to be checked one week after surgery, by a nurse at your family doctor surgery.

When can I go back to school?

You will need to take at least one week off school. You should wait until you have had your wound checked by the nurse at your family doctor surgery.

Can I do normal activities?

You should only do gentle activities and avoid contact sports, until your penis has completely healed.

Will I need to see the hospital doctor again?

If your hospital doctor needs to see you again after your operation, we will send you an appointment through the post. This is usually two or three months after your operation.

Can I find out more?

The NHS Choices website has more information about circumcision:

<http://www.nhs.uk/Conditions/Circumcision/Pages/Introduction.aspx>

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Children's Ward on 01384 244271

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/services-and-wards/paediatrics-and-neonatology/>

If you have any feedback on this patient information leaflet, please email patient.information@dgh.nhs.uk

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔